Free every fortnight

the newham mag

ISSUE 159

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Newham Warm Centres

3 November 08 – 27 March 09

Aged over 50? Don't be home alone this winter.

Go along to a warm centre near you and enjoy:

- Dancing and sing-alongs
- BIG bingo!
- Refreshments
- Games with monthly inter-forum competitions for dominoes, darts etc
- Make new friends
- Pensions/benefits advice
- Health checks
- Walks
- Shopping trips and outings
- Tips on healthy eating
- Massage and therapy sessions
- Fuel advice
- Books and magazines

Available to Newham residents only.
For further information call 020 8430 2486 or visit www.newham.gov.uk/winter

Ascension Centre
Baxter Road
Custom House E16 2PB
020 7511 1232
Tuesdays and Thursdays
10am–3.30pm

Beckton Community Centre
14 East Ham Manor Way
Beckton E6 5NG
020 7511 1214
Mondays, Wednesdays and Thursdays
10am–4pm

Chandos Community Centre
Colegrave Road
Stratford E15 1DZ
020 8534 0140
Monday
10am–2pm

Chatsworth Community Resource Centre
4 Chatsworth Road,
Stratford E15 1RE
020 8555 4477
Monday–Friday
10am–4pm

Cundy Community Centre
Hartington Road
Custom House E16 3NP
020 7474 6056
Mondays and Wednesdays
12.30–3.30pm
Wednesdays 8–10pm
Sundays 7.30–10pm

EKTA Project Froud Community Centre
1 Toronto Avenue
Manor Park E12 5JF
020 8514 5221
Wednesday, Thursdays & Fridays
1.30–4pm

Field Community Centre
147 Station Road
Forest Gate E7 0AE
020 8536 2800
Wednesdays only
11am–4pm

Grass Roots Community Centre
Memorial Avenue
Memorial Park
Stratford E15 3DB
020 7474 6376
Thursday only
10.30am–12noon

Hathaway Community Centre
Hathaway Crescent
Manor Park E12 6LR
020 8548 4980
Thursdays only
11am–3pm

Hibiscus Community Centre
Buckingham Road
Stratford E15 1SP
020 8519 6159
Tuesdays and Thursdays
11am–3.30pm

Jeyes Community Centre
James Close
Plaistow E13 9BB
020 8430 2486
Mondays & Tuesdays
12noon–4pm

Katherine Road Community Centre
254 Katherine Road
Forest Gate E7 8PN
020 8548 9825
Tuesdays and Thursdays
10am–4pm

London Tamil Sangam
369 High Street
Manor Park E12 6PG
020 8471 7672
Wednesdays and Thursdays
11am–4pm

Malayalee Association of UK
671 Romford Road
Manor Park E12 5AD
020 8553 4667
Thursdays
1–4pm
Tuesdays Women's Group
1–4pm

Newham African Caribbean Resource Centre
627-633 Barking Road
Plaistow E13 9EZ
020 8471 2258
Mondays, Wednesdays and Thursdays
10am–3pm

Ramgharia Community Centre
270 Neville Road
Forest Gate E7 9QN
(entrance via 231 Plashet Road)
Tuesday
11am–3pm

Sub-Co
49 Plashet Road
Upton Park E13 0QA
020 8548 0070
Wednesdays
10am–12noon

Sree Naryana Guru Mission
16 Barking Road
East Ham E6 3BP
020 8471 0720
Mondays and Tuesdays
10am–2pm

St John's Community Centre
Albert Road
North Woolwich E16 2JB
020 7476 1666
Tuesday 10am–12noon
Thursdays and Fridays
12.30–3pm

The Hub Community Centre
123 Star Lane
Canning Town E16 4PZ
020 7473 5249
Wednesday only
10am–12noon

The Well Community Centre
49 Vicarage Lane
East Ham E6 6DQ
020 8586 7070
Tuesdays and Thursdays
9.30am-3pm
Friday
10am–2pm

Trinity Community Centre
Bothwell Close
Canning Town E16 1QS
020 7476 5120
Mondays, Wednesdays and Fridays
9.30am–1pm

Trinity Community Centre
East Avenue
Manor Park E12 6SG
020 8472 8947
Wednesdays (women only)
1.30–4pm
Thursdays (men only)
1.30–4pm

Upton Centre
Claude Road
Plaistow E13 0QB
020 8552 8647
Wednesdays
11am–1.30pm
Fridays
11am–2pm

the newham mag

Look out for the next issue from 13 December

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We're gearing up for Christmas now that the lights have gone on around the borough. If you're feeling more frozen than festive, plan for future sunny days by voting for extra Government funding for the Greenway – read more on page 12. Find out about rude awakenings for some Council Tax dodgers and get advice on protecting your car from thieves. Meet the chef at Stratford Circus's restaurant, Circus Eats, and most importantly, enjoy the read!

Anita

If you live in Custom House and Canning Town, Royal Docks, East Ham or Forest Gate community forum areas don't miss In Focus, delivered free with this issue.

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recycle for Newham

Don't forget to recycle your Newham Mag once you've read it

For all Newham Council services call 020 8430 2000 or visit www.newham.gov.uk

If you do not receive The Newham Mag at home, or know someone who doesn't, please call 020 8430 4533, write to The Newham Mag, Newham Town Hall, East Ham, E6 2RP or email newham.mag@newham.gov.uk

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Newham

Published by the London Borough of Newham

Get slamming at the Table Tennis tournament

Cllr Crawford shows how its done

Throughout December the borough's community forums are holding inter-forum table tennis competitions for young people and adults, so you can pit your skills against contenders from other areas in Newham. Heats take place from Tuesday 9 December – check the What's On section of this mag on page 35 for more details. Finals will take place on Sunday 14 December. For more information call Lee Johnson on 07771 842 859 or email lee.johnson@newham.gov.uk

Don't forget: you can pick up your orange recycling bags from any Local Service Centre or council office. Look out for revised festive refuse and recycling collection times in the next Newham Mag.

Plans to improve schools get go-ahead

The council has agreed plans for improving educational attainment in two of the borough's secondary schools. The Mayor and his cabinet approved the plan for Royal Docks Community School in Custom House to become the borough's first academy. At the same meeting, the Mayor and cabinet also agreed to explore a major improvement plan and the development of National Challenge Trust status for Eastlea Community School in Exning Road, Canning Town.

Royal Docks School in Prince Regent Lane has been under a Notice to Improve from Ofsted since November 2006. This year only 25 per cent of students gained five or more GCSEs at grades A* to C including maths and English, and less than 30 per cent of pupils at Eastlea did the same.

Mayor Sir Robin Wales said: "Children and young people in Newham deserve to get the best education and parents expect nothing less.

"We have an obligation to ensure schools provide a decent standard of education and when a school does not do so, then we have no alternative but to take action."

MAYOR'S CHRISTMAS CHOIR

Take some time out from your Christmas shopping and join Olympic Gold Medallist Christine Ohuruogu at a special gospel choir concert.

The concert takes place on Saturday 6 December at Trinity Chapel, Discovery Centre (which is adjacent to Beckton's Showcase Cinema), Jenkins Lane, Beckton. Admission is free but you must have a ticket. For tickets please contact June Smith on 020 8430 2486 or email june.smith@newham.gov.uk

The evening will also feature a prize draw with £100 of Butlin's vouchers up for grabs.

Christmas Fayre at Newham General

On Wednesday 3 December there will be a Christmas Fayre at Newham General Hospital, Glen Road, Plaistow from 3.30-7.00pm. Come and browse the Christmas gifts for sale, visit Santa's grotto and enjoy the carol concert. Christmas lights will be switched on by a celebrity guest. Free entry and free parking. All welcome!

Drivers and passenger assistance volunteers needed

Day trips for residents over 50 are provided as part of the council's warm centres programme, looking after the elderly and more vulnerable among us. The council is looking for drivers and passenger assistance volunteers for this project.

Drivers must have the D1 category on their licences and be willing to undertake the council minibus driving test (around 1 1/2 hours.) Passenger assistance volunteers must complete a course on how to assist all passengers, especially those who may be disabled (this will take place on a Saturday or Sunday).

For more information call Lindsay Hiett on 020 8430 2486.

Cllr Paul Schafer gets behind our drive for volunteers

OLD TOWN HALL STRATFORD RE-OPENS IN TIME FOR THE FESTIVE SEASON

Following refurbishment work, the scaffolding has come down from the Old Town Hall in Stratford and the building is once again open for hire. With the Victorian architecture and prime location, all the transport links you need and a choice of private rooms and banqueting hall, the Old Town Hall is a unique venue that's perfect for special occasions.

For further details or to make a booking contact Juliette Paterson on 020 8534 7835 or juliette.paterson@newham.gov.uk

Mayor holds Christmas knees-up

Mayor Sir Robin Wales is inviting Newham residents aged 50 and over to his free annual Christmas event.

One thousand tickets are available on a first come first served basis to an afternoon tea dance and Christmas celebration on Thursday 11 December from 1-4pm. The event will be held at the Discovery Centre (Trinity Chapel, adjacent to Showcase Cinema formerly The Hollywood Bowl), Jenkins Lane, Beckton, E6; visitors can expect food, refreshments, entertainment by Ratpack and a traditional Christmas knees-up.

Spaces for this popular event fill up quickly and are very limited. If you wish to attend call the community support unit on 020 8430 2486 to secure your place.

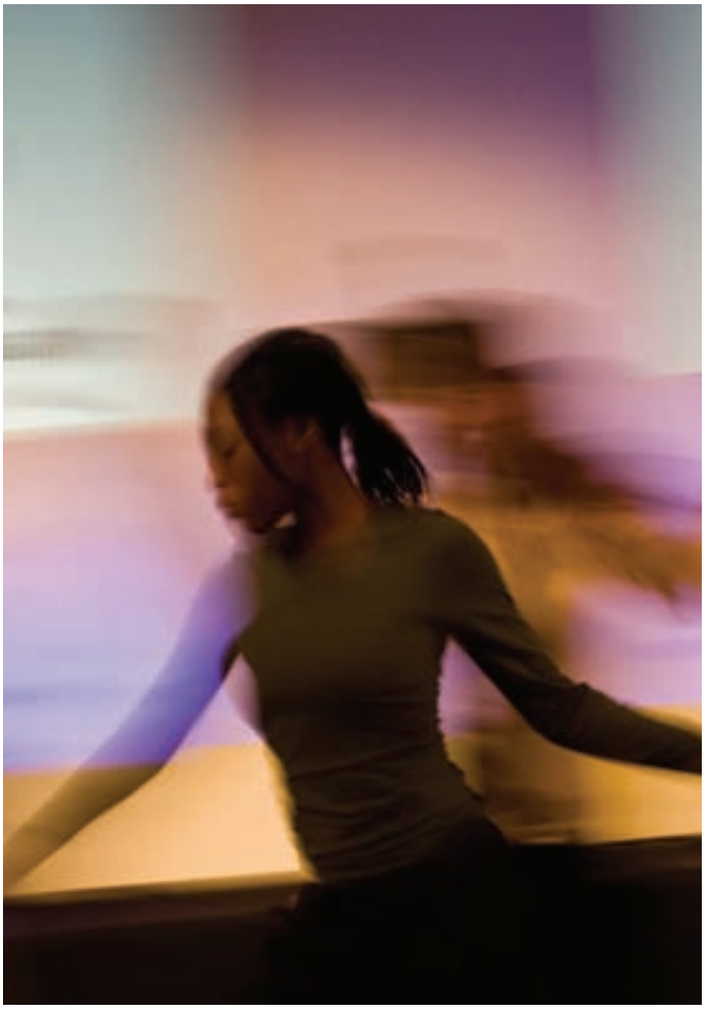
NEWS // IN PICTURES

A young participant digs deep at the East Ham Plant for Life event at Brampton Park

Royals roll in: HRH The Prince of Wales launches Youth Week in Beckton.

Children at the 90th Armistice Day remembrance service.

A warm welcome at the Trinity Centre, Canning Town.



Langdon School pupils throw some shapes at the Shining Through Awards.

I'm writing this article just as the Pre-Budget Report is being announced by the Chancellor, Alistair Darling. The Pre-Budget Report is a sneak preview of how the Government plans to both spend and save taxpayers money.

We've all read almost constantly about the credit crunch, rising food prices and utility bills. The reality is that it will affect most of us from what we choose to buy at the supermarket to how long we decide to leave the heating on for. So when the Pre-Budget Report was released, I was very pleased to see that there was finally some good news for all of us.

One of the major points to come out of the report was that the Chancellor has decided to cut VAT from 17.5% to 15% with almost immediate effect. This means that we should all see our shopping bills go down which will really help all of us.

Some of the other big stories which came out of the report were that the State pension for single people will increase. I know older people have been hit hard by rising bills so this is definitely a welcome measure. The child benefit increase will be brought forward to January rather than April which is excellent news for our families.

The Government has also pledged £100m to help insulate our homes which will keep us warmer, help keep gas bills down and make sure we stay green!

"This VAT cut means that we should all see our shopping bills go down which will really help all of us."

For more details and to see how the Pre-Budget Report 2008 will affect you, log on to www.direct.gov.uk

SHOWCASING PRINCE'S TRUST PROJECTS

I was pleased to welcome His Royal Highness The Prince of Wales to Newham when he visited on his 60th birthday, to mark the Prince's Trust's Youth Week.

Youth Week aims to tackle negative perceptions of young people and encourages them to seek help from organisations like the Prince's Trust. Our borough has one of the youngest populations and this was a great showcase for some of the positive contributions that young people make here. The relationship between the council and The Prince's Trust is a really positive one; among many projects here to benefit are Beckton Community Centre and a Newham Unite the World mural painted by students at Newham College.

Mayor's view

Grounds for celebration

East Ham's Lathom School won top prize in the John Laing Grounds awards last year, giving them £3,000 to improve their school grounds. Not ones to rest on their laurels, school staff and pupils got stuck in to the improvements right away. I visited them to see how the award money had made a difference and to open their new growing area and green zone.

The school has made wonderful use of the money: the growing area and green zone replace a previously tarmacked area and are now home to more than 300 winter vegetables, which now supply the school canteen with the freshest possible food. All too often we hear about inner city children not knowing where their food comes from; now Lathom pupils will not only know where but also how.

Add to this the impressive sense of responsibility that all the children have shown towards the garden – classes tend to it on a rota – and you have a classroom that's teaching lessons in life. What a fantastic and practical addition to the curriculum.

Festival of **lights**

Councillor Unmesh Desai and I were extended a warm welcome for Diwali and the Indian new year at the Shri Swaminarayan Mandir Temple in Forest Gate. The temple plays an important role in the local community; there have been more than 1,000 members and visitors attending the temple over the Indian festive period.

Lord Adonis launches links to Stratford International

I met with Rail Minister, Lord Andrew Adonis, when he visited Newham to announce plans for a free shuttle bus that will link Stratford International and Stratford regional station. Lord Adonis enjoyed a tour of facilities at the station and a preview of how the interchange will work.

The fast train will run from Stratford to St Pancras International in six minutes and Stratford to Kent in 12 minutes from December 2009, making Newham a real transport hub and tourist destination.

Being one of the few elected Mayors, I am directly accountable to you. You can meet me and discuss any issues that you think I can help with. To find out more visit my website at www.newham.gov.uk/mayor or call 020 8430 2107 to find out where I'll be.

with Sir Robin Wales

WARNING

COUNCIL GETS TOUGH ON COUNCIL TAX DODGERS

If you've ever thought about not paying your Council Tax, you might want to think again, as Newham Council starts a new campaign getting tough on Council Tax dodgers.

Not paying Council Tax means you are using council services and making others pay

Council Tax is an important income for the council and helps pay for hundreds of services, from having your bins emptied to educating your children. By not paying, you are using these services without paying your share. Not paying Council Tax isn't just illegal; it has an impact on every other person in the borough who is paying.

Early morning wake up call

Dawn raids were conducted this month on persistent non-payers, with council officers arresting debtors and holding them in cells at Stratford Magistrates' Court while they waited for their case to be heard.

Be ready to be shamed

If you are a persistent non-payer you could also see your name and address in big, bold letters right here in the Newham Mag. And with the Mag delivered to every home and business in the borough, it's not going to be long before everyone you know is aware of your guilty secret.

Executive member for finance and asset management, councillor Lester Hudson, says: "By not paying your council tax you affect every other resident in the borough. Stop being selfish and like everyone else pay your share."

Help is at hand

If you owe Council Tax, the only way to prevent these things happening to you is to call the council to discuss your options. If you are having trouble paying Council Tax there might be help available. You may also be entitled to Council Tax Benefit. If you are having problems, the council will be able to offer you advice on the best way to pay and stay up to date.

If you know you are behind with your Council Tax payments, call the council now on **020 8430 3234**; we're here to help.

Did you know?
Newham has the lowest Council Tax of any outer London borough and is committed to keeping this low.

This Christmas see a timeless classic...

Lee Valley Ice Centre's

Sleeping Beauty on Ice

Friday 19 December
Evening: 19.30 (doors open 18.45)

Saturday 20 & Sunday 21 December
Matinée: 14.00 (doors open 13.15)
Evening: 19.30 (doors open 18.45)

Tickets cost from £8 and are available from
www.ticketweb.co.uk
08444 771 000 (booking fees apply)

Celebrity Exhibition Skaters

For more information call 08456 770 600 or visit
www.leevalleypark.org.uk

Lee Valley Ice Centre
Lea Bridge Road, Leyton,
London E10 7QL

Lee Valley Park

NewVIc
Newham Sixth Form College

Step towards a brighter future with

NewVIc part-time courses

Enrol on our wide range of professional and introductory part-time courses for January 2008

Courses include:
- Accounting
- Brush up on your maths & English
- Business & management
- Computing & IT
- Electrical
- Into employment
- Languages & ESOL
- Media
- Short courses

Enrolment sessions are taking place at NewVIc

Mon 17th November to Fri 19th December, 10am - 4pm every week day

Mon 15th December, 5.30pm - 7.30pm

Wed 17th December, 5.30pm - 7.30pm

Plaistow - Prince Regent Lane E13 8SG (opposite Newham General Hospital)
Stratford 379-381 High Street E15 4QZ (next to the Discover Centre)

For more information call
020 7473 4110
www.newvic.ac.uk/nm

Want to stop smoking? You'll find strength in numbers!

You are 4 times more likely to be successful by using **group support** and Nicotine Replacement Therapy (patches, gum, etc.), than by trying it without.

From January, **Newham Stop Smoking Service** will be hosting **group support** sessions at various convenient locations in Newham. Come along - together you can do it.

Groups in January 2009 - All groups run for 6 weeks from the dates shown:

Wednesday 7 January, 5.30-6.30pm
St Mark's Community Centre, Tollgate Road
Beckton, London E6 5YA

Thursday 8 January, 5.30-6.30pm
The Vicarage Lane Health Centre
10 Vicarage Lane, London E15 4ES

Wednesday 14 January, 5.30-6.30pm
Hartley Centre, 267 Barking Road
East Ham, London E6 1LB

Friday 23 January, 12.30-1.30pm
Grassroots Community Centre, Memorial Park
Memorial Avenue, West Ham E15 3DB

To book your place, call us on freephone **0800 013 1673** or email **stopsmoking@newhampct.nhs.uk**

SMOKEFREE

Newham NHS
Primary Care Trust

A Greener-way, vote Newham

The sprawling metropolis of Newham is pretty green. There are many award winning parks and open spaces and the picturesque docks – all regularly used and appreciated by people from all walks of life.

One of Newham's hidden gems is the Greenway, a unique seven kilometre green corridor linking Hackney's Victoria Park to Beckton. The Greenway slices through the borough, much of it at roof height, providing stunning views of our heritage, landscape and regeneration sites. The traffic-free route is a favourite with pedestrians, ramblers, cyclists, schools and nature lovers, but it could do with some TLC. The site will also become one of the easiest ways to beat the traffic and walk to the Olympic Park.

Power to the people

Mayor of London, Boris Johnson, has announced that he has grants of up to £400,000 up for grabs to make areas like the Greenway cleaner, greener, safer and more enjoyable. We need you to vote for the Greenway to win the grants, which will make a real difference to the Greenway and, ultimately, to people like you who use it.

Executive member for culture, councillor Jo Corbett, said: "Let's all get behind this campaign for the Greenway and give ourselves yet another reason to be proud of our borough."

We propose to use funds to upgrade:

Existing entrances
Access ramps and steps
Barriers and fencing
Street furniture and signage.
We'd also use the money to create new entrances, improve links to the Greenway and nearby green spaces.

In it to win it – you only have one vote

LOG ON to www.newham.com and follow the link on the homepage to vote for the Greenway.
TEXT PARKS and your postcode to **62967** (e.g. PARKS E7 9GH) Text cost 10p plus your standard network rate.
VOTE by post. Call **020 7983 4100** to request a postal vote.
You don't have to live in Newham to vote for the Greenway, anyone can vote, including children. The closing date for votes is Friday 30 January.

Lenalisa from Stratford

"The Greenway is one of a kind – there's nothing else like it in London. We're lucky to have it on our doorstep."

Sharron from Plaistow

"It's alive, it doesn't matter what time it is, it's constantly being used. I use it every day to walk my dog and it lifts my spirit. You feel you are away from the hustle and bustle and it's almost like you are in the countryside."

THE LONDON BOROUGH OF NEWHAM IS LOOKING FOR INDEPENDENT PEOPLE TO JOIN ITS STANDARDS COMMITTEE

The London Borough of Newham is seeking independent members for its Standards Committee as the term of office of a number of its current independent members expires in March 2009. The Standards Committee gives the Council advice on its Members Code of Conduct, monitors the effectiveness of that Code and has an important role to play in training members and helping them to follow the Code.

From 8 May 2008 the responsibility for considering complaints that a Member or co-opted Member may have breached the Code of Conduct moved to the Standards Committees of Local Authorities. Procedures have recently been approved for Sub-Committees of the Standards Committee to assess, review and hear complaints.

Independent members must not, during the last 5 years, have been a member or employee of the Council or a member or employee of any other authority, nor must they be a relative or close friend of a member or employee of Newham.

Ideally we would like our members to represent a range of different skills and knowledge (e.g. the community, voluntary, professional and business sectors) but this is not essential.

If you are interested in ethical matters, have good questioning skills and the confidence to deal with complex and sensitive issues then you may be an ideal person for this role. Preferably you will be independent of any political party and local government.

At the moment the Committee meets six times a year in the evenings. You will also be required to attend relevant training funded by the Council. You will be paid an allowance and can claim the reimbursement of travel and subsistence expenses. The term of office will be for two years. Members can serve for two consecutive terms although re-appointment is not automatic.

If you would like to join our Standards Committee please contact **Georgina Wills, Member Services Unit, London Borough of Newham, Newham Town Hall, East Ham, London, E6 2RP**. Telephone **020 8430 3216**. **Email barry.ray@ newham.gov.uk**. Closing date for return of forms is **Friday, 9 January 2009**.

An artist's palate

Since January this year, culture vultures with palates as selective as their social calendars have followed their noses to Stratford's best kept secret. Tucked away in Theatre Square, Circus Eats is the restaurant at Stratford Circus, the forward-thinking arts centre in the heart of the cultural quarter.

Chef Kevin Richardson has been the driving force in the kitchen, blending a background in fine dining, a passion for food and a love of the arts to produce feasts fit for families, friends and any other person who happens by. And as the centre: "welcomes people of any race, colour, creed, age group and physical ability," in Kevin's words – that's no mean feat. It's a far cry from fine dining for high flyers, but Kevin is thankful for that. "I'd much rather be here. You get much more buzz and variety here – I like seeing all the different people coming through the door."

Although composing music is Kevin's first love, he has worked in kitchens since the age of 16, funding his three music degrees. He says: "It was just to pay the bills that I started working with food. I began as a waiter and worked my way up, becoming a restaurant manager and then a chef." But he confesses to being smitten by working with food: "I love eating! And I love the buzz around kitchens and restaurants – the kitchen's a unique work place."

Newham's diversity makes it a unique place too, so how does he cater for that? "I've been learning a lot more about international foods. One of my colleagues

in the kitchen is Kenyan and I've been learning a lot from her. Mrs Iqbal, a local resident who works here too, has been teaching me all about Indian food. And all our meat is halal, unless we say otherwise."

Just as Circus Eats offers cuisine to reflect Newham's make-up, Stratford Circus aims to provide performing arts that reflect and attract all of our residents' communities, and that are accessible and affordable. The centre quickly became known for its creativity and innovation in the arts. Families enjoy the centre's festivals, such as Stratford Circlets, a succession of exciting workshops and performances for children.

Circus Eats taps into this family market with a children's menu, offering nutritious options at reasonable prices. Kevin explains: "We take the nutrition of children seriously. As we make all of the food on the premises we can guarantee what goes into it. And food on the children's menu is baked, not fried." But do our reputedly junk-obsessed youngsters like it? "Yep! It's getting more popular all the time." Plans are afoot to create a lounge for parents so they can relax while their children are being entertained elsewhere.

By catering to such a variety of ages and backgrounds, Kevin has made the restaurant not only a trustworthy choice for parents but also a fresh option for anyone out and about in Stratford. Visitors can come to the arts centre or the restaurant, but Kevin's vision is about the two working in conjunction. "It's about bringing it all together – making it a bigger experience than just coming to see a show. Now the restaurant's open till late, we can offer a whole evening's entertainment. And when people eat here once, they come back for more. It helps that we change the menu every week, to keep people interested. It means the food's fresher too, and everything's made on the premises."

> **"We change the menu every week, to keep people interested. It means the food's fresher too, and everything's made on the premises."**

With platform events for new artists on the horizon – so you can be entertained while you eat – and all this good food, what could be better? Kevin has one more card up his sleeve: "All of our dishes are less than £10 - eat here and beat the credit crunch!"

10% DISCOUNT

Get an even better deal at Circus Eats: present this article and receive a 10% discount.

For bookings or more information contact the Circus Eats team on 020 8279 1022.

Make a splash with free adult swims!

Promoting health and wellbeing amongst the residents is one of the council's key priorities. Newham was the first London borough to offer under-16s free swimming and thousands of young people can be seen taking advantage of this great offer during the school holidays.

As they saying goes: "age ain't nothing but a number" and to prove the point the council has linked up with Newham Primary Care Trust (PCT) to offer adults who can swim free sessions at the weekends.

Starting from Saturday 13 December until 1 March 2009, if you live in Newham and are aged over 16, you can enjoy free swims on Saturdays and Sundays at any of Newham's four leisure centres.

Executive member for culture, councillor Jo Corbett, said: "We're working hard with the PCT to improve fitness in Newham. Swimming is a great way to get fit and lots of fun too. If you can swim there's no reason to miss out on this great offer."

Dive in

If you haven't already got one, register for a Leisure Options card at any Newham Leisure Centre. They are free – all you need to bring with you is proof of age and something with your name and address, to prove you live in the borough, for example, a recent utility bill. If you are entitled to receive concessionary rate please bring appropriate documentation.

You'll need to present the card every time you want to swim. Contact your local leisure centre (details below), for swim times or visit www.gll.org

If you're under 16 don't worry, these sessions won't affect the free sessions open to you during school holiday times!

Where's your local leisure centre?

Atherton Leisure Centre
189 Romford Road, Stratford E15
Tel: 020 8536 5500

Balaam Leisure Centre
Balaam Street, Plaistow E13
Tel: 020 7476 5274

East Ham Leisure Centre
324 Barking Road
East Ham E6
Tel: 020 8548 5850

Newham Leisure Centre
281 Prince Regent Lane,
Plaistow E13
Tel: 020 7511 4477

Swim rules

Weekend free swims are open to adults who are competent swimmers, which means they should be able to swim unaided for at least 25 metres using a recognised stroke. If you cannot swim you will be asked to leave the pool.

the newham mag
we've got the whole borough covered

To advertise here call Julie Madell on 07890 529 090 or email julie.madell@newham.gov.uk

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What happens at breast screening?

Newham NHS
Primary Care Trust

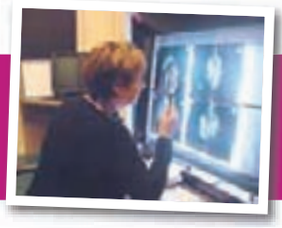
Early detection of breast cancer and treatment saves lives

Breast screening involves taking an x-ray of each breast (mammogram) which detects small changes in the breast that may indicate cancer, which are too small to be felt either by the woman herself or by a doctor.

Women who are aged 50 - 70 are invited to attend breast screening appointments every three years. Invitations are sent by post.

Screening takes place at a mobile unit. Appointments can be changed if necessary.

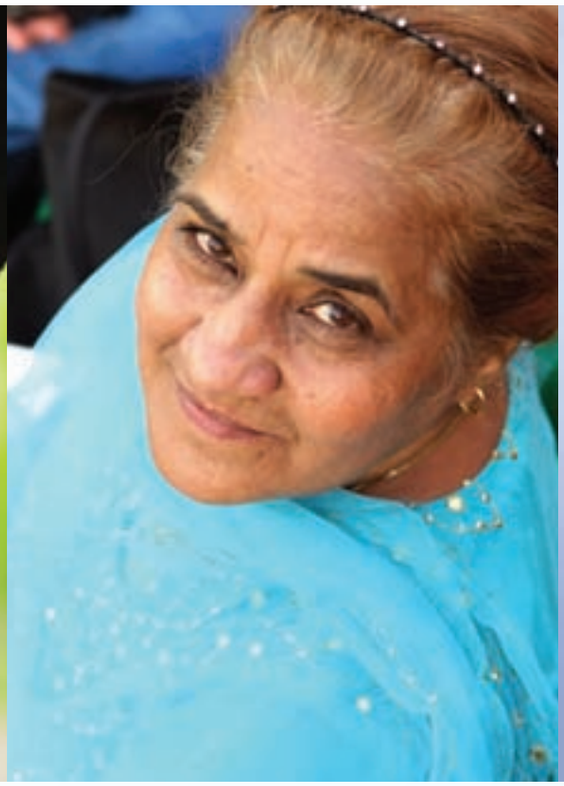
At the Mobile Breast Screening Unit, an Xray of the breasts (mammogram) will be carried out by female radiographers.



The result of the screening will be posted to you in about two weeks. Sometimes a woman is called back because more tests are needed.

Most women will not have any problems and will be invited again in three years.

The Mobile Breast Screening Unit is currently in Newham until March 2009
For appointments and information about breast screening, call 020 7601 8305



Adults services

Newham's Adults Services is delivering a good service to its residents, according to Government inspectors. The inspectors have given the council a two star rating, meaning that we are providing a good service and are showing improvements in many areas.

In their report the inspectors praised the work within Adults Services for vulnerable residents including the elderly. Some of our strengths included home care and the use of direct payments (which allow people to buy their own services). Newham's records for vulnerable adults have improved and we're working more closely with our health colleagues.

All in all it means anyone accessing Adults Services can look forward to an improved service.

Caring for the vulnerable

Newham has always taken its care of more vulnerable residents – the elderly, people with learning disabilities and people with mental health problems – seriously. But we know our care can be better. If you have an older relative or friend in hospital you'll find that they're being discharged quicker and back into their own homes, where they'd usually much rather be, all due to the additional home support offered by Adults Services.

People with learning disabilities are receiving better care, with the emphasis shifting away from residential care to help at home. We're helping people with learning disabilities and their carers to manage the financial support they get from us, meaning they're more in control of their lives. They can choose how their individual budgets are spent rather than the council deciding where their money is spent.

Alan Adams, Executive Director of Adults, Culture and Community

"The star rating is great news for residents using the service and is a testament to the hard work and dedication of the team. However, we won't get complacent; we'll keep working to maintain and improve our service to residents."
Cllr Joy Laguda

improving

and Customer Services, said: "I'm really pleased that the work of Adults Services has been recognised. We know that we had weaknesses in the past and a lot of hard work has gone into addressing these issues.

"We've improved in key areas: our record keeping has got better which means that they are more reliable, properly maintained and regularly audited. We're working with our partners, like Newham General Hospital, to ensure that wherever possible admissions are avoided, people tell us they prefer to stay at home so we adapt their property to enable them to do so. Ultimately we want what's best for our vulnerable residents."

The future

We want to build on the progress we've made so far. Residents tell us they want to be independent and stay at home, if possible, whatever their vulnerability or long term condition. We'll be advising people on ways they can stay healthy and active, by getting involved in the many leisure facilities the borough has on offer.

We'll continue to help our vulnerable residents to have more say in the services they receive.

Councillor Joy Laguda, executive member for older people, said: "The star rating is great news for residents using the service and is a testament to the hard work and dedication of the team. However, we won't get complacent; we'll keep working to maintain and improve our service to residents."

What does Adults Services do?

Adults Services provides a vital service to local people, looking after and caring for adults who need support, care or treatment.

We look after residents providing services including residential care for the elderly, day centres, home rehabilitation, helping people with learning disabilities live independently, safeguarding adults and community nursing and working with partners to help drug users.

Shining Through 2008

The Shining Through awards have been celebrating Newham's children and young people for ten years. This year, we received more than 260 nominations for more than 400 children and young people, from 35 schools, colleges and groups. The winners represent a tiny proportion of Newham's gifted, talented, hard working and innovative young people. Local star and Olympic Gold medallist, Christine Ohuruogu, presented the gold awards on stage.

Councillor Quintin Peppiatt, executive member for children and young people, describing the nominees as: "An outstanding group of the brightest, the best and the hardest working young people."

Which awards were up for grabs?

Academic Excellence, sponsored by the University of East London

Recognising exceptional academic attainment for children and young people with the most outstanding year 6 SATs or GCSE results.
Primary winner – Rohithan Carthigeya from St Stephen's School
Secondary winner – Thanima Vinayan from Eastlea School

Creativity

Recognising excellence in the performing or visual arts, creative writing, music or related fields.
Primary winner – Usman Butt from Essex Primary
Secondary winner – Jasmin Newman from Langdon School
Group winner – Kingsford Community School poetry slam team

Young sports person, sponsored by the Newham Recorder

For excellence in any aspect of sporting or physical endeavour.
Primary – Thangaes Waran Nithirajah from Hartley School
Secondary – Rebecca Broadstock from St Angela's School
Group winner – St Bonaventure's Year 9 basketball team

Student or Apprentice

For outstanding pupils aged 16-19 who are studying for the applied learning element of their diplomas or apprenticeship who have demonstrated a high level of new skills acquisition or applied knowledge.
Group winner – The Newham College of Further Education's Diploma student group.

Young Person of the Year, sponsored by London City Airport

Recognising young people who have overcome adversity in personal and educational development.
Primary winner – Jhonny Kikaka from Ranelagh School
Secondary winner – Hiba Mughal from Langdon School
Group winner – Eleanor Smith School group

Young Active Citizen, sponsored by Tate & Lyle

For young people who act as role models in the community development work they and at school, for example through voluntary or youth work.
Primary winner – Elara Kiffin-Shurety from Curwen School
Secondary winner – Andrew Eadon from St Angela's and St Bonaventure's sixth form centre
Group winner – Sarah Bonnell Year 10 Think Store Enterprise programme

Young Person of the Year – and the winners are:

Gold Primary Young Person of the Year – Ranelagh School

Ten-year-old Jhonny Kikaka, from Plaistow, has seen horrors that many of us could not imagine. Three years ago he came to the UK to live with a relative after being orphaned. Jhonny was unable to speak English and had never been to school, yet has adapted to life in the UK well. He has worked hard to learn English. He is popular with his peers and has overcome the tough physical and emotional journeys he has experienced, showing amazing strength of character, determination and courage.

Gold Secondary Young Person of the Year – Langdon School

For Hiba Mugal from East Ham, teenage years have been even more gruelling than most. Hiba was born with Retinol Blastoma, an illness which has given her a weak heart and visual impairment. Despite this she is determined to lead a normal life. She is always well presented, polite, has time for others and is an outstanding role model for all. Such is her determination that despite being diagnosed with meningitis this summer she returned to school at the start of the new term.

Young People of the Year – Primary

Eleanor Smith School in Plaistow provides education for children who find school difficult. The seven to 12-year-olds chosen as winners in this category attend Eleanor Smith on a part time basis and mainstream school part time. They have worked hard to increase their time in mainstream school, overcoming personal challenges and showing determination and a positive attitude towards their work.

Young People of the Year – Secondary

Saifia (13) and Saima (12) Hanif attend Beckton's Kingsford School. They are both visually impaired and have a genetic condition which has resulted in them being wheelchair users. The sisters refuse to let their disabilities restrict their potential, particularly in creative activities and PE. Teachers are constantly amazed by their determination. Their sense of humour and friendliness make them popular with their peers and staff.

Christine Ohuruogu and Young Mayor Joshua Adejokun celebrate with the winners

Executive member for children and young people, Quintin Peppiatt

Advance Dance from Langdon School

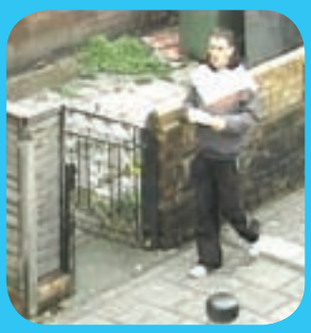
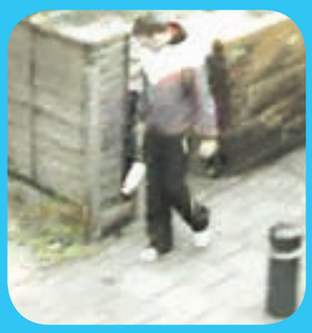
St Angela's School choir raises the roof

Christine Ohuruogu charms the crowds – and compère Peter Holmes

Help keep our streets litter-free

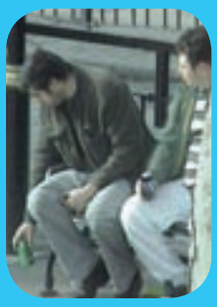
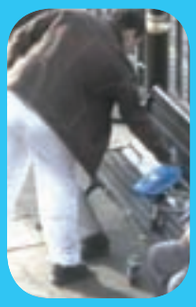
Our eye in the sky has caught these unsuspecting people dropping litter. We have the evidence and we need you to provide us with names. Do you recognise any of these faces? Call us free 24 hours a day on 0800 731 3300, quoting the number below.

Placing something on the floor still means you're littering – something not clear to this man who was captured leaving his can beside a bench on High Street North on 7 November. Do you know who he is? Call and quote: 190580

This man drops his bottle on Green Street on 4 November, oblivious that he's been caught on camera. Do you know him? Call and quote: 190351

This man drops his cigarette box on High Street North on 14 November – his hat and dark glasses weren't enough to disguise him from the gaze of our eye in the sky. Do you know him? Call and quote: 191103

These two men are enjoying a liquid picnic on a bench on The Broadway, Stratford, on 24 October but leave behind two empty cans, a bottle and a plastic bag. Do you know them? Call and quote: 189606

Targeting more than just litter louts

CCTV isn't just there to catch people dropping litter. It plays an essential part in keeping our streets safe. This month CCTV helped put a halt to the following instances of anti-social behaviour – some of which led to arrests.

- Two arrests following theft from a motor vehicle.
- Man arrested for carrying two knives.
- A young person in school uniform was spotted behaving suspiciously around some cars. He then broke into a vehicle and was arrested by police, who had been alerted by the CCTV control room.

Did you know? The CCTV control room has a permanently placed officer from Newham Police stationed at the offices. If an operative sees anything suspicious this is referred to the on site Pc who liaises with police officers on the ground.

STOP

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Respect yourself: have safe sex

Whether you have one partner or twenty, just one sexual encounter could leave you with an unwanted souvenir – awful Sexual Transmitted Infections (STI) which may not manifest until they're too late to be treated. STIs do not distinguish between race, religion, age or class – have unprotected sex and you could contract an infection or even HIV.

HIV stands for the Human Immunodeficiency Virus. Contracting HIV doesn't mean you'll die instantly. HIV attacks the body's immune system, which makes it harder to fight infections. HIV can be passed on if you have unprotected sex, share needles or from mother to baby during pregnancy, birth or through breast feeding. Although there are drugs that can control HIV there is no cure; once you contract the virus you have it for life.

Dispelling the myths

You can't get HIV from kissing, shaking hands, touching or hugging, sharing crockery or cutlery, toilet seats, insect or animal bites, swimming in a public pool or living in the same house as someone with the virus.

How do I know if I have HIV?

You won't know if you have HIV unless you're tested for the virus. Whatever your age you can get a free and confidential rapid HIV test. Positive East offer the service at Stratford Advice Arcade, 107 The Grove, E15, every Saturday from 10am -1pm, you don't need an appointment, just turn up on the day. For more information visit **www.itsbettertoknow.org.uk**

How to avoid HIV or STIs

The best way to avoid any STI is by practising safe sex. Never feel under pressure to have sex and always use a condom – if it's not on, it's not on.

Sexual health for under-24s

If you're aged between 16 and 24 you can get a free test for Chlamydia and Gonorrhoea, known as U Test. The Appleby Clinic in Canning Town also offers sexual health screening for all STIs from 4.30-6.30pm on Mondays.

Call **020 8821 0837** for more information on U test and STI screening. Shine is a free service by Newham Primary Care Trust and provides confidential information and advice to under-24s. For information on their range of service call **020 8586 8888**, text **07624 802 242** or visit **www.shine.nhs.uk**

WORLD AIDS DAY
1 December

Dear Diana

Diana Markham, a Newham General Hospital dietician

With World AIDS Day on 1 December, our resident dietician, Diana Markham, gives her expert advice on nutrition and diet for people with HIV/AIDS.

"If you are HIV positive, your diet should be based on healthy eating principles with a balance of foods and regular meals, moderate amounts of high fat and sugar foods and alcohol within safe limits.

"For people whose diet is not as good as it should be, a daily supplement of a complete vitamin and mineral mixture may be appropriate. However, taking very large doses of supplements can be detrimental to your health and should be avoided.

"The most common problem with HIV is weight loss and malnutrition. This can be caused by reduced food intake, altered metabolic requirements (the body needs greater amounts of nutrients) or malabsorption (diarrhoea).

"Food safety is also important for people with compromised immune systems. To reduce the risk of food-borne infections, follow safe food handling and cooking procedures and practise good food hygiene. High risk foods like undercooked meat and fish, unpasteurised milk, soft cheeses, paté and raw or undercooked eggs should be avoided."

Butternut Squash soup (serves four)

Ingredients:

1 medium butternut squash, halved lengthwise and deseeded
25g butter or margarine
1 large leek, trimmed and chopped
1 bay leaf
750ml vegetable stock
60g pine nuts, toasted in a dry frying pan
Salt and pepper to taste

Method:

1. Put the butternut squash halves flesh side down onto a baking sheet. Roast in a preheated oven at 190°c/gas 5 for 45 minutes. Remove from the oven and scoop out the flesh with a spoon and transfer into a bowl.
2. Put the butter or margarine into a large saucepan and melt over a low heat. Add the leek and bay leaf and fry gently until the leek softens.
3. Add the butternut squash and stock, bring to the boil and reduce the heat and simmer for 10 minutes until the leeks are very soft.
4. Remove from the heat, discard the bay leaf and transfer the soup to a blender or food processor. Add half of the toasted pine nuts. Blend until smooth.
5. Return the soup to the saucepan and reheat.
6. Serve in warm bowls, with the remaining pine nuts sprinkled on the top of the soup. Crusty bread goes well with this soup.

CHASING AWAY CAR CRIME

We all know that most thieves are opportunists, especially those who indulge in vehicle crime. But Newham Police are one step ahead of the lawbreakers. We spoke to Det Insp Paul Peters about how to be street smart when it comes to vehicle crime.

The police are targeting known offenders in covert operations across the borough. The past year to date has seen a 6.3 per cent reduction in theft from vehicle break-ins and a 10.5 per cent reduction in the theft of motor vehicles. This is down to a combination of efforts by the police both on the streets and through crime prevention messaging to the public.

Mr Peters said: "Our advice to residents is if you see someone acting suspiciously around a vehicle call 999. Write down a description of the person and the vehicle registration number as this can all be used as evidence. If you know anyone committing vehicle crime you can call Crimestoppers anonymously on 0800 555111 with any information."

Don't be a victim – stop your car being targeted

> Keep valuables out of sight. That plastic bag may not contain anything valuable but leave it in your car in open view and a thief will be tempted.

> Whenever you park try to find a well lit, open area.

> Locking wheel nuts are cheap and easy to fit and prevent thieves from stealing your wheels.

> Write your registration number on all your removable car equipment with a UV marker. If it's retrieved it will be returned to you.

> Sucker marks left by sat nav systems are adverts for thieves – always wipe away any telltale marks.

> Don't leave removable equipment like stereos or sat navs in your glove compartment; take them with you when you leave your vehicle.

> Check and double check you've locked all doors, windows and the sunroof.

> Never leave cash, credit cards, handbags or other valuables on display in your car.

> Fit 'clutch head' screws, available from DIY stores, to your number plates to stop criminals using your vehicle's identity to carry out crime.

> Always remove disabled parking permits when they're not in use.

> Never leave your engine running and your car unattended – it takes a second for someone to jump in and drive away.

Top ten items stolen in London during vehicle crimes

1. **The vehicle**
2. **Car stereo**
3. **Number plates**
4. **Sat navs**
5. **Mobile phones**
6. **Disabled parking permits**
7. **Power tools**
8. **Driving licence**
9. **Laptops**
10. **Personal stereo**

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**source: Transport for London

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Powering ahead
at the Olympic Park

Nothing ruins a green scene like overhead power pylons and for years 52 of these towers have dominated the landscape at Stratford's Olympic Park site. Now, as part of the area's regeneration in preparation for the London 2012 Olympic and Paralympic Games, work has begun to take the pylons down, beautifying the park and transforming the East London skyline for good.

If you're worrying about being plunged into darkness without the pylons then never fear! Thanks to the efforts of 350 construction workers toiling around the clock for 424 days (half of the usual time the job would take), your electricity has been running through underground powerlines since the summer. The powerlines construction project has seen the installation of two six-kilometre tunnels beneath the Olympic Park, which contain enough cabling to stretch all the way from London to Nottingham. These cables allow the power needed for the Games and legacy developments to be carried underground, keeping the areas above ground free for a more sporty kind of energy! The dismantling of the 60m high pylons marks the final phase of the powerlines project. For you number-crunchers, the pylons are made up of 1,300 tonnes of steel, all of which will be recycled, and 130km of overhead wires – enough to reach all the way to Southampton.

"The removal of the pylons is a real achievement and, with the first sections of the Olympic stadium now visible, we are starting to see how the Park will shape up," said executive member for the Olympics, councillor Paul Brickell. "This really is an exciting and historic stage in the construction."

All of the pylons in the Olympic Park area are set to be taken down by the end of the year.

Electrifying facts

- Olympic Park tunnelling accounted for 85 per cent of the UK's tunnelling last year
- 200,000 cubic metres of spoil were created during tunnelling – enough to fill Wembley Stadium
- More than 9,000 brackets have been installed to carry cabling along the tunnel walls together with monitoring and ventilation equipment

CONSTRUCTING FUTURES

As work gathers pace on the Olympic Park site, construction jobs could offer more and more employment to borough residents. So that local people are able to get the best from hosting the Olympic and Paralympic Games, council employment initiative Workplace and a range of partners, including East Potential and the Olympic Delivery Authority, held an event inviting borough residents with a range of skills and qualifications to access support and expert advice and speak to the Workplace team.

On the day, more than 60 invited residents signed up for training, found out what's happening on the Olympic Park, talked about Workplace services and heard about job opportunities. The event provided real, practical information and advice on getting into the construction industry, including modern technique and skills demonstrations.

Tewdros Melaku has been working with East Potential, one of Workplace's partners, for a few months. He attended the workshop and said: "I found it really useful. It's because of support from Workplace and East Potential that I'm where I am now: in an apprenticeship for Bovis Lendlease. Now I'm working towards a career."

Stanley Carey, another one of the day's participants, told the Newham Mag: "I was really happy with the day. The organisers spent loads of time with us, answered all of our questions and gave us individual attention. It really boosted my morale. I came out of the event with everything I wanted going in: I've been fast tracked onto three courses which will make me even more specialised in my line of work. I hope to eventually get work on the Olympic site."

Mayor Sir Robin Wales, the original driving force behind the employment initiative, said: "I'm delighted to see all of our partners working together to ensure a bright future for our residents. Workplace has been such a success at getting local people into work but together we can achieve even more. I want to see all of our residents benefiting from Newham hosting the Games, and days like this go some way towards that."

Interested in accessing support into work? Find out more about Workplace by visiting www.newhamworkplace.co.uk or calling 020 8430 4331.

workplace
Creating a better future

NEWHAM
>> IN FOCUS

Stratford Centre's super Santa

This Christmas pop along to Stratford Centre for a chance to meet Santa for free! Right through to Christmas Eve, Stratford Centre will be home to an enchanted grotto. For £3.50, children and their families visit Santa in his grotto and receive a special gift, but every 50th child to visit the grotto will enjoy the magic of Christmas for free! Stratford's Santa will also be delving into his sack to give lucky visitors some Christmas cash: starting at £50 for the 1000th person through the Grotto and climbing to £250 for the 5000th individual entering his enchanted home. Just come along any day until Christmas Eve, or book online to avoid the queues at www.bookfatherchristmas.co.uk.

Carer's Network information day

Newham Carer's Network will be holding a free information day on Friday 5 December giving carers vital information about making the most out of their money as part of National Carer's Rights Day.

A carer is someone who provides unpaid help and support to a partner, child, relative, friend or neighbour who could not manage without their help. This could be due to age, physical or mental illness, addiction or disability.

The day runs from 10am-2pm at the Stratford Advice Arcade, 107-109 The Grove, E15. The event is a drop-in and information will be available on benefits, debt, direct payments, education, employment, health, health MOTs for carers, housing, pensions and adult services provision. There will be a light buffet lunch provided. For more information call 0208 519 0800.

Get flexible with beginners' yoga

Look forward to Mondays! Harold Road Centre in **PLAISTOW** is offering a beginners' yoga class every Monday evening from 7-8.30pm. Classes will combine postures, chanting, breathing exercises, deep relaxation and meditation.

As well as being a great way to meet people from your area, regular yoga helps with stress, strengthens the immune system, increases energy levels, increases lung capacity for easy breathing and balances your emotions. Bring your mat and a shawl for deep relaxation.

For more information or to book a place, contact either Harold Road Centre on 020 8472 2805 or email to Indira@sirilakshmi.com. Classes cost £3.50/£3 concessions.

A Taste of Fairtrade at Christmas

Help us make this a Fairtrade Christmas in Newham and come along to a free event on Tuesday 9 December at St John's Church Hall, Broadway, **STRATFORD** from 5-7.30pm. Drop in to taste Fairtrade food and drink, buy some lovely fairly traded Christmas gifts and find out about Fairtrade and what is going on locally. There will be a speaker, a quiz and the prize draw will take place between 6 and 6.45pm.

Mention the Newham Mag and receive a free mince pie and Fairtrade hot chocolate or glass of mulled wine! Bring a friend for a chance to win a fantastic Christmas hamper.

If you would like more information call Sarah on 020 8536 8882 or Alice on 020 8430 3165 or email fairtradenewham@east-potential.org.uk

Stock up on presents at Newham Bookshop's Christmas Discount Evening

On Thursday 4 December between 5 and 8pm pick up presents to expand your friends' and families' minds for 20 per cent less at Newham Bookshop, Barking Road, **UPTON PARK**. The Great Christmas Discount Evening offers shoppers a fifth off all stock, as well as some festive food and drink to make the night go with a swing. Writer Gilda O'Neill will be at the soirée and, to coincide with the launch of JK Rowling's new book, magic consultant to the Harry Potter films, Paul Kieve, will perform some tricks for the crowds. For more information, call 020 8552 9993.

Fighting youth crime together

Flava dance troupe

Newham Police are taking a new approach in the battle against serious youth violence and knife crime. On Friday 5 December, an audience of 175 young people aged between 16 and 21 will be invited to YC², a day of information and workshops promoting choices. The anti-violence messages will be in the form of personal experiences from victims of crimes, an ex-rapper who has turned his back on this lifestyle and Flava, a young people's dance group who achieved acclaim from Simon Cowell, who stated that they had made hoodies 'acceptable'.

The police will lead workshops and talks on stop and search tactics employed across the borough and explain how and why police action is as it is. The event will be held at West Ham United's stadium in **UPTON PARK** and will give young people the chance to speak with influential local players from the first team, before having a brief look at the stadium.

The overall aim of the day is to raise awareness among the young people of what they can do in the fight against youth crime and to give the police an opportunity to engage with young people in a positive environment, recognising the fact that it is only through consultation and engagement that real change can be achieved.

Young people interested in attending should contact their further education Student Life Office or Sergeant Bob Dunbar at Forest Gate Police Station on 0208 217 5268.

Shop safely this Christmas

Some shoppers in **STRATFORD** during National Consumer Week will have the edge on the rest, having been given free advice by Newham Council's trading standards team. The council has been working with the Department of Trade and Industry to help residents become savvy shoppers this Christmas – which includes avoiding dodgy deals, dangerous toys and unscrupulous traders.

Executive member for public protection, Councillor Andrew Baikie, visited the stall and said: "It's important to know your rights and make sure that you are happy before handing over your money.

"We are cracking down on dodgy salesmen; local people have a part to play by not making themselves easy targets.

"The most important thing to remember is if you are not entirely happy with the goods or services, to just say no and walk away."

Get more information and advice by calling Consumer Direct on 08454 04 05 06.

Cllr Baikie (second from right) and the team from Trading Standards

Kids' corner

PLEASE SEND YOUR DRAWINGS, JOKES AND POEMS TO:
KIDS' CORNER, ROOM 59, NEWHAM TOWN HALL, EAST HAM E6 2RP

Gallery

K Praveen, 4

Sabrina, 10

Zain Raza, 6

K Preethiya, 7

WIN tickets to the theatre

THEATRE ROYAL
STRATFORD EAST
2007 LAURENCE OLIVIER AWARD WINNER

We've teamed up with the fantastic Theatre Royal, Stratford, who are giving lucky young artists, comedians and poets the chance to bag four tickets with each issue to this year's pantomime Hansel and Gretel, which is showing until 17 January. If you'd like a chance to win this fantastic prize send your pictures, jokes and poems to **Kids' Corner, Room 59, Newham Town Hall, East Ham, E6 2RP**. Don't forget to write your name, age, address, parent/guardian's name and contact telephone number on your entry – good luck!

Wordsearch

You must find the following words in the grid:

Advent Calendar
Baubles
Carols
Christmas Cards
Decorations
Envelopes
Happiness
Post-box
Presents
Teddy Bear
Tinsel
Santa Claus
Scarves
Sleigh
Snowman
Snowplough

Poem

Catherine of Aragon
She was lucky, she got divorced
Well Anne Boleyn
She got the chop
What a rot
Jane Seymour
She was unlucky
After Ed, she was dead
Anne of Cleves
The ugly mug, she was divorced in a rush
Katherine Howard
She shared the fate
Of her cousin Anne Boleyn
Katherine Parr
Was lucky, lucky
But Henry was
Deady in beddy

Winner

The Six Wives of Henry VIII
By Louis Baxter, 8

YOUR SPACE

where young people take control

Got something to shout about? Email your ideas to newham.mag@newham.gov.uk.

STAND UP AND BE COUNTED

Halima (left) and Nana (right)

In this edition of Your Space, we hear from Nana Konadu-Aboagye and Halima Begum, who tell us about an exciting volunteering project for young people.

Nana: The Volunteer Network Centre (VNC) is a volunteer brokerage providing charities and non-profit organisations with volunteers. VNC is the only volunteer brokerage in Newham and is in partnership with various non-profit organisations.

Halima: For me, a day at the VNC involves different tasks, whether it's helping a fellow colleague, registering new volunteers or general research and admin. The centre is currently running a new project called the Youth Action Team (YAT) targeted at the young people of Newham. The aim is to get them more involved in their community and have a say in how they may want certain aspects of their area changed or improved.

Nana: I feel young people's voices need to be heard and that the majority of the negativity about young people is a result of their frustrations about their opinions being ignored and unappreciated. I think that this project will give the young people involved a chance to co-ordinate the project the way they want to and share their ideas and creativity.

As a young person I think that the majority of negative behaviour by young people is a result of boredom and unappreciated dreams, opinions and hopes, as well as their not being involved in activities going on.

Halima: What appeals to me about the project is the fact that the concept is aimed at young people like me, allowing us to have an opinion/view about where I live and NOT be sidelined due to our age or lack of knowledge.
Since starting at the VNC I've been able to develop my personal skills further as well as build my confidence in relation to working with others.

Nana: The skills I have acquired are project/management, enhanced communication, interpersonal and leadership based.

Halima: Encouraging others to join, I would say that every young person has issues in their area that they may want changed, but it's a matter of doing something about it rather than just 'wanting' it to happen.

For more information on the VNC call 020 8536 1937 or visit www.vncnewham.co.uk
For more information on Newham Volunteers call – 020 8430 3598.

by Nana Konadu-Aboagye and Halima Begum

29 NOV – 15 DEC

WHAT'S ON?

To view hundreds of events, or to add your own, log on to www.newham.gov.uk/whatson

ALL LIBRARY LISTINGS

UNDER 5s GROUPS

All open to under fives with their parents/carers.

Storytelling
Beckton Globe Friday 10-11am
Canning Town Monday 10.30-11.30am
Custom House Tuesday 10.15-11.15am
East Ham Wednesday 2-3pm
The Gate Friday 11am-12noon
Green Street Thursday 10.30-11.30am
Manor Park Thursday 10.30-11.30am
North Woolwich Thursday 2-3pm
Plaistow Tuesday 11am-12noon
Stratford Tuesday 11am-12noon and Friday 2-3pm

Crafts Club
Manor Park Tuesday 10.30-11.30am
Stratford Monday 10.30-11.30am

Toy Library
Beckton Globe Monday 10am-12noon and Thursday 1-3pm
East Ham Tuesday 10am-12noon and Thursday 10am-12noon

Messy Play
Beckton Globe Tuesdays during school term 1.30-2.30pm

Imaginative Play
East Ham Friday 10.30-11.30am

ADULT READING

Adult Reading Group
The Gate Tuesday 2 December 6.30-7.30pm
Plaistow Thursday 4 December 6.45-7.45pm
Stratford Monday 8 December 6.30-7.30pm

Tamil Reading Group
East Ham Wednesday 10 December 11am-1pm

Women-Only Urdu Reading Group
The Gate Tuesday 9 December 5.30-7.30pm

Over 50s Reading Group
BecktonTuesday 2 December 9.45-11.45am

OTHER GROUPS

Over 50s Club
Beckton Globe Tuesday 9.45-11.45am

Click-On
East Ham Friday 12 December 10am-12noon
Plaistow Friday 5 December 10am-12noon

ICT Surgeries
East Ham Fridays 5 and 12 December 2-5pm
The Gate Friday 5 December 2-5pm
North Woolwich Friday 12 December 2-5pm
Stratford Friday 5 December 2-5pm

YOUNG PEOPLE

Homework Club – For young people aged seven to 14. School term only.
Beckton Globe Tuesday 4-6pm
Canning Town Saturday 10am-12noon
Custom House Saturday 10am-12noon
East Ham Monday 4-6pm
The Gate Thursday 4-6pm
Green Street Tuesday 4-6pm
Manor Park Saturday 10am-12noon
North Woolwich Thursday 3.30-5.30pm
Plaistow Thursday 4-6pm
Stratford Monday 4-6pm

Children's Games Club – For children aged five-12.
Canning Town Thursday 11 December 4-6pm

Games Club – PS2 and Xbox games, music, board games and more activities for ages eight-13.
Custom House Saturday 2-4pm
East Ham Tuesday 3.30-5.30pm
Manor Park Thursday 4-6pm

Teenage Games Club – PS2 and Xbox games, music, board games and many more activities for ages 12-16.
Beckton Mondays and Wednesdays 3-5pm

Family Reading Group – A chance for children aged five-11 and their families to read together and have fun.
The Gate Saturday 29 November 2.30-4pm

Children's Reading Group – Explore the pleasure of reading in a family-friendly environment.
Canning Town Thursday 4 December 4.30-5.30pm

Teen Xtra Evenings – Free activities for young people aged 12-21.
The Gate Every Friday 6-8pm

Stratford Playerz
Stratford Thursday 4 December 5.30pm-7.30pm

LIBRARY ADDRESSES

Beckton Globe 1 Kingsford Way, E6 5JQ. 020 8430 4063
Canning Town Barking Road, E16 4HQ. 020 7476 2696
Custom House Prince Regent Lane, E16 3JJ. 020 7476 1565
East Ham High Street South, E6 6EL. 020 8430 3647
The Gate 4-20 Woodgrange Road, Forest Gate E7 0QH. 020 8430 3838
Green Street 337-341 Green Street, E13 9AR. 020 8472 4101
Manor Park Romford Road, E12 5JY. 020 8430 2207
North Woolwich 5 Pier Parade, E16 2LJ. 020 8430 5900
Plaistow North Street, E13 9HL. 020 8472 0420
Stratford 3 The Grove, E15 1EL. 020 8430 6890
Archives and Local Studies: 020 8430 6881

ESTATE BASED SPORTS

Sessions are open to 12-18 year-olds, free unless otherwise stated and for all abilities. For more information call 020 8430 2484 or visit www.newham.com/2012Games

Athletics
Every eight-19 years,
Drapers Field

Basketball
For ages eight-19 unless otherwise stated.

Leyton Orient Community Sports Programme (LOCSP)
Monday 4.30-6.30pm
Winsor Park
Monday 7-9pm
Froud Community Centre
Tuesday 5-7pm
Royal Victoria Gardens
Tuesday 7.30-9pm
Plaistow Park
Wednesday 5-7pm
Memorial Park
Wednesday 5-6.30pm
New Beckton Park
Thursday 4.30-6.30pm
Priory Park
Thursday 5.30-7.30pm
Barking Road Rec
Friday 5-6.45pm
Forest Gate Youth Centre
Friday 5-7pm
Lister Gardens Park
Tuesday 4.30-6pm, girls 11-16 years Sarah Bonnell School
Thursday 6-8pm, 12-16 years
Cumberland Sports College
Friday 4.15-5.30pm, eight-11 years
5.30-7.30pm, 12-16 years
Cumberland Sports College
Saturday
11am-1pm, eight-11 years
Sarah Bonnell School

Youngbloods Basketball Club
For more information please contact Caroline Charles 07958 307657 or Steven on 07940 111175.
Tuesday 6-8pm, under-15s and under-14s
East Ham Leisure Centre
Tuesday 8-10pm, under-18 and under-16 boys
East Ham Leisure Centre
Tuesday 5.30-7.30pm, under-16s and under-15s
Newham Leisure Centre
Thursday 6-8pm, under-15 boys national league
Newham Leisure Centre
Saturday 1-3pm, under-13s and minis
East Ham Leisure Centre

Cricket
Thursday 5-7pm, eight-16 years
Newham Cricket Club
Langdon School
£1 per session
Tuesday 5.30-7pm, eight-19 years
Score Indoor Complex
Thursday 4.30-6pm, eight-19 years
Drapers Field

Football
Monday 6-8pm
Plaistow Park
Tuesday 5.30-7.30pm
Little Ilford Ball Cage
Tuesday 5-7pm
Stratford Park
Tuesday 5-7pm
Phoenix Cage
Wednesday 4.30-6.30pm
Royal Victoria Gardens
Wednesday 5-7pm, eight-19 years Stratford Park
Wednesday 7.30-9.30pm, 16+ years (£2 charge)
Score Complex
Thursday 5-7pm
Scud Park Ball Cage
Thursday 6-8pm
Forest Gate Youth Centre
Friday 4-5.30pm (term time only) St John's Community Centre
Friday 6-8pm
Priory Park Ball Cage
Saturday
2-4pm, six-14 years (£3 charge) Score Complex

Ascension Football Academy
For more information please contact Louise on 07841 749292.
Saturday
School years R-3: 9.30-10.30am
School years 4-7: 10.45-11.45am
School years 8-11: 12noon-1.30pm
£2.50 per session
King George V Park

Newham All Star Sports Academy(NASSA)
for more information please visit www.nassa2012.org.uk
Monday 6-7.30pm 12-16 years mixed 7.30-9pm 18+
Newham Leisure Centre
Tuesday 4.30-6pm
at Sarah Bonnell School E15 (girls 11-16)
Thursday 6-8pm
Cumberland Sports College mixed (11-16 years)
Friday 16.15-15.30 (mixed 8-11years) 3.30-7.30pm (mixed 12-16years)
Cumberland Sports College
Saturday 11am-1pm
Sarah Bonnell School E15 (mixed 8-11years)

Estates Football and Basketball League
Monday 6-8pm, under-14s and under-17s
Score Complex Hard Court
Tuesday 5.30-7pm, under-12s and under-14s Drapers Field
Friday 6-8pm, under-14s and under-17s
Leyton Manor Park

Newham Swords Fencing Club
Thursday 6-8.30pm
Kingsford School
Friday 6-8.30pm
Lister School
Ages eight-18-years
Mini-fence sessions for five-seven-year-olds
For more information call Linda on 07956 618 898

Football and Basketball
Monday 4.30-6.30pm
Winsor Park
Wednesday 5-7pm
New Beckton Park Ball Cage
Wednesday 4.30-6.30pm

Ford Park
Wednesday 6-8pm
Plashet Park
Thursday 4.30-6.30pm
Priory Park Ball Cage
Thursday 5.30-7.30pm
Barking Road Rec
Friday 5-7pm
Lister Gardens Park
Friday 5-7pm
Canning Town MUGA

Multi-Sports
Monday 5-7pm, eight-19 years Langthorne Park
Monday 5-7pm, eight-19 years Alma Street MUGA
Tuesday 4-5pm
Carpenters and Docklands Centre (term time only)
Tuesday 5-7pm, eight-19 years Stratford Park
Wednesday 4-5pm
Carpenters and Docklands Centre (term time only)
Wednesday
5-7pm, eight-19 years
The CAGE (Chatsworth Active Games Enclosure)
Wednesday 5-7pm
Stratford Park
Wednesday 4-6pm, 10-19 years Cann Hall Park
Wednesday 5-7pm, eight-19 years Major Road Ball Park
Thursday 5-7pm,
eight-19 years The CAGE

Stratford Table Tennis Club
Wednesday 6.30-9.30pm
Stratford Secondary School

Eastlea Handball Club
Thursday 4-5pm
11-18 years
Eastlea School
Thursday 5-6pm
four-11 years
Eastlea School

Stratford Handball Club
Monday 3.15-4.15pm
11-18 years
Stratford Secondary School
Monday 4.30-5.30pm
four-11 years
Stratford Secondary School

Venue Addresses
Alma Street MUGA
Stratford E15
Barking Road Rec
Burges Road, East Ham E6
The CAGE (Chatsworth Active Games Enclosure)
Cruickshank Road, Stratford E15
Cann Hall Park
Off Cann Hall Road, E11
Canning Town MUGA
Corner of Freemasons Road and Sophia Road, E16
Carpenters and Docklands Centre
98 Gibbins Road, Stratford E15 2HU
Cumberland School Sports College
Oban Close, Plaistow E13 8SJ
Drapers Field
Temple Mills Lane, off Leyton High Road, E15
East Ham Leisure Centre
324 Barking Road,
East Ham E6 2RT
Ford Park, Canning Town, E16
Forest Gate Youth Centre
Woodgrange Road, E7
Froud Centre
Toronto Avenue,
Manor Park E12 5JF
Langthorne Park
Off Leytonstone High Road, E11
Leyton Manor Park
Off Capworth Street,
Leyton E10
Lister Gardens Park
Corner of Upper Road and Florence Road, Plaistow E13
Little Ilford Ball Cage
Reynolds Avenue,
Manor Park E12
Major Road Ball Cage
Stratford E15
Memorial Park
West Ham E15
New Beckton Park Ball Cage
Savage Gardens, Beckton E6
Newham Leisure Centre
281 Prince Regent Lane,
Plaistow E13 8SD
Phoenix Cage
Milner Road, West Ham E13
Plaistow Park
Balaam Street, Plaistow E13
Plashet Park
Woodhouse Grove,
East Ham E6
Priory Park Ball Cage
William Morley Close,
Upton Park E13
Royal Victoria Gardens
Pier Road, North
Woolwich E16
Sarah Bonnell School
Deanery Road,
Stratford E15 4LP
Score Complex
100 Oliver Road
Leyton E10 5JY
Scud Park Ball Cage
Tant Avenue,
Canning Town E16
Stratford Park
Densham Road,
Stratford E15
St John's Community Centre
Albert Road, North
Woolwich E16
Winsor Park, Warwall,
Beckton E6

ALL OTHER LISTINGS

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Multi-Sports
Mondays at Eastlea multi-sports club for SEN & disabled young people, Eastlea Community School from 4-5.30pm

Multi-Activities
People with Disabilities Club, Tuesdays at Newham Leisure Centre from 10.30am to 12midday

Swimming
People with Disabilities Club, Tuesdays at Newham Leisure Centre from 3-5pm
Newham Otters Swimming Club, Saturdays at Newham Leisure Centre from 4.45-5.45pm
Real Life Parenting, Sundays at Balaam Leisure Centre from 2-4pm

Trampolining / Fitness / Swimming
SEN and disabled adults at Newham Leisure Centre, Tuesdays from 10am-4pm

Get fit for free
Free use of the gym for one year for people with learning disabilities at Newham Leisure Centre on Tuesdays from 1.30-3.30pm. To book an induction you must contact Susy Massey on 020 7511 4477

Goalball
First Thursday of the month at Newham Club, Brampton Manor School from 5-7pm

Trampolining
Fridays at Newham Leisure Centre from 4 to 5pm. Please book places in advance due to limited places. Call Susy Massey on 020 7511 4477 or email susy.massey@gll.org

B1 Football Club
Third Sunday of every month at East Ham Leisure Centre from 10am-12midday

COMMITTEE MEETINGS

The following meetings all take place at Newham Town Hall, East Ham, unless specified.

Council
Monday 1 December, 7pm

Carers Scrutiny Commission
Tuesday 2 December, 7pm

Newham Partnership – Building an Active and Inclusive Community – Local Action Partnership Board
Wednesday 3 December, 4pm

Development Control Committee
Wednesday 3 December, 7pm

Mayoral Proceedings
Thursday 4 December, 9am

Newham Partnership – Better Health and Well Being Local Action Partnership Board
Thursday 4 December, 3pm

Integrated Public Transport Scrutiny Commission
Tuesday 9 December, 7pm

Housing Allocations Scrutiny Commission
Tuesday 9 December, 7pm

Audit Board
Wednesday 10 December, 7pm

Housing Allocations Newham Partnership – Children and Young People Strategic Board
Friday 12 December, 10am

Meetings are subject to cancellation. Details of meetings, agendas and minutes are available at www.newham.gov.uk

STRATFORD MUGA ACTIVITIES

Monday
Community Forum Ladies, 5.30-9.30pm

Tuesday
Basketball, 5-6.30pm
Focus E15 Football, 8-10pm

Wednesday
Handball U12s, Handball Courts, 4-5pm
Handball U16s TID, Handball Courts, 5-7pm

Thursday
Newham Junior FUTSAL, 5-7pm
Newham FUTSAL League, 7-10pm

Friday
Focus E15, Football session, 7-10pm

Saturday
Newham EBS Basketball, 12noon-3pm (every 2nd Saturday of the month)
Newham EBS Handball, Handball Courts, 10am-1pm (every 3rd Saturday of the month)
Russian Circle "Zaniye", Old MUGA, 3-6pm

Key holders: LOCSP: 020 8556 5973; Darren Watson: 0208 430 2489; Leon O'Sahon: 020 8430 2479

COMMUNITY FORUM EVENTS

All events are free.

East Ham – Green Day
Saturday 6 December
Hartley Centre, Barking Road
Food, fun, massage and all things environmentally friendly
12.30-4.30pm

Table Tennis Challenge

Manor Park and Forest Gate
Tuesday 9 December
Little Ilford Youth Centre, Rectory Road, E12
Registration: 4.30-9.30pm
Heats: 4.30pm: 8-15years
5.30pm: 16-18 years
6.30pm: over 18s

East Ham
Wednesday 10 December
Langdon School, Sussex Road, E6
Registration: 6-9.30pm
Heats: 6pm: under 18s
7pm: adults

Canning Town and Custom House Stratford and West Ham
Thursday 11 December
Eastlea School, Exning Road, E16
Registration: 4.30-6.30pm
Heats: 4.30pm: 8-15 years
5.30pm: 16-18 years
6.30pm: over 18s

Beckton and Royal Docks
Friday 12 December
St Mark's Community Centre, Tollgate Road, E6
Registration: 4-9pm
Heats: 4pm: 8-15 years
7pm: 16 and over

Plaistow and Green Street
Friday 12 December
Lister School, St Mary's Road, E13
Registration: 4-9pm
Heats: 4.30pm: 8-15 years
5.30pm: 16-18 years
6.30pm: over 18s

USEFUL NUMBERS

020 8430 2000
Hundreds of services, just one number – for all council enquiries

For questions about councillor surgeries or to find out which ward you live in, call 020 8430 2000 or visit www.newham.gov.uk/yourcouncillor

Write to Mayor Sir Robin Wales at Newham Town Hall, Barking Road, East Ham E6 2RP or email mayor@newham.gov.uk

For information about Community Forums freephone 0800 519 4015 or email community.forums@newham.gov.uk

For information about the 2012 Games and how it will affect Newham, visit www.newham.com/2012Games

To report anti-social behaviour call Newham's 24-hour hotline on 0800 731 3300

To speak to the editor of The Newham Mag, call Anita Plaha on 020 8430 2000 or email newham.mag@newham.gov.uk

THEATRE ROYAL STRATFORD EAST

Hansel & Gretel

By Hope Massiah

TICKETS FROM £6 TO BOOK CALL 020 8534 0310
OR VISIT stratfordeast.com (no booking fees)

'Another festive season, another wonderful panto offering from Stratford East'
Time Out – Sleeping Beauty

ARTS COUNCIL ENGLAND
Newham
LONDON COUNCILS

If you'd like to **stop smoking** we can help you out.

Pop in to a **drop-in** for real support from real people.

Newham's Stop Smoking Drop-ins

Newham's four Stop Smoking Drop-in venues* are ready and waiting to help you kick the habit.

Pop in for **FREE** friendly advice and support from people with real experience of helping others stop smoking and get access to nicotine replacement therapy (gum, patches etc).**

It's that simple, so don't miss out...drop-in!

The Venues

Health Information Centre (Zone 1)
Newham University Hospital
Glen Road, Plaistow, E13 8SL
Tuesdays 10am – 4pm

St John's Church, Stratford
Stratford Broadway, E15 1NG
Saturdays 10am - 12pm
Wednesdays 11:30am - 1:30pm

The Hartley Centre, East Ham
267 Barking Road, E6 1LB
Saturdays 10am - 12pm

Canning Town & Custom House Regeneration Project Office
20 Freemasons Road
Custom House, E16 3NA
Saturdays 10am - 12pm

For further information: Call **0800 013 1673** or text **'QUIT' to 60155**

* Each drop-in will remain in operation every week until such a time that the service is no longer viable. Service provision will be reviewed by Newham Stop Smoking Service every 3 months and a decision made to continue with, or end the service in a designated area will be made at that stage. We will try to notify service users directly if a service ceases.

** One prescription charge per week will be collected for the first 4 weeks, then one prescription charge every 2 weeks will be collected thereafter. A maximum of 12 weeks NRT may be supplied. Continued supply of medications is subject to terms and conditions.

SMOKEFREE

Newham NHS
Primary Care Trust